



**FEED  
YOUR WAY**

# Still going strong.

**“Breastfeeding with a premature  
baby was challenging at first.  
But here we are, one year later.”**

**Jessica,  
from Nottingham**

Some days, breastfeeding might feel like hard work.

On those days, and all others,  
there is support out there.

Visit: [feedyourway.co.uk](https://feedyourway.co.uk)







**FEED  
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# A part of everyday life.

“It felt overwhelming in the beginning. Then it became part of our routine. Now it’s a way that we can enjoy **valuable time together.**”

Clare,  
from Clifton

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# Determined.

“With a plan and the right support, we’re ready to give breastfeeding a go.

We’ll take it one day at a time.”

Vanitha,  
from Hyson Green

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# My sister is by my side.

“Not everyone understands  
breastfeeding.

With my family’s support,  
I’ve breastfed my babies  
for as long as I wanted to.”

**Robyn,**  
from Nottinghamshire

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# Breastfeeding in public.

“I started way earlier than I intended to, but now I feed him whenever and wherever I need to.”

Becca,  
from Beeston

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# Confidence to keep going.

“My partner kept me going  
through the first few  
weeks of breastfeeding.

It was hard, but now I know  
it can get better.”

Becca & Georgie,  
from Beeston

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# Together we're learning.

“Breastfeeding is natural  
but doesn't always feel easy.

We're finding out what  
works for our family.”

Eleanor and Iain,  
from Sherwood

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